

HOW TO COPE WITH YOUR PICKY EATER

A picky eater will eat just a few foods and does not want to try new foods.

Almost every child goes through a stage like this. It is not easy for the parents.

It is especially hard if the child's growth slows down, too.

WHAT MAKES A CHILD PICKY?

Every child is different, of course. Some need the extra attention they get by being picky. Others are going through that independent stage around 2 years old. Some really do hate the taste of certain foods.

WILL YOUR CHILD OUTGROW THIS?

Yes, your child will probably eat just about everything soon. So try to relax about this.

- ★ Do **your** job of providing healthy foods at regular meals and snack times.
- ★ Let your child do his or her job—eating—without too much pressure.



WHAT CAN YOU DO?

Here are some things to help you with **your** picky eater.

1. **Expect** that **your** child will use food to try to get some **control** over his or her world. **Expect** some **battles**. Try not to be too strict or too easy.
2. **Expect** children to eat **small amounts** of food. Are they growing well? That is the real test.
3. **Expect** children to want candy, chips and sweet drinks instead of healthy food and milk. You must set limits and make rules. It's part of your job.
4. **Expect** your child to be almost too busy to eat from about 2 to 4 years old. Do things to slow them down before meals. Try a story or quiet time.
5. Let your child **see** a new food a few times. Then see if you can get them to taste it.
6. Serve a very small amount of a new food next to a favorite food.

WHAT NOT TO DO

- ✓ Don't make eating into a battle.
- ✓ Don't beg your child to eat.
- ✓ Don't threaten your child with what you will do if he **or she doesn't eat**.
- ✓ **Don't give just about anything to get your child to eat.**
- ✓ **Don't jump up and cook something else to get your child to eat.**

Ask to talk to a nutritionist for more ideas.



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